



Friendship Heights

VILLAGE NEWS

AUGUST 2018

VOLUME 34, NO. 8

www.friendshipheightsmd.gov

301-656-2797



Spend a day at the beach!
See page 5.

Tour Frank Lloyd Wright's spectacular Fallingwater

Join us when we visit Frank Lloyd Wright's incredible Fallingwater in the beautiful Laurel Highlands of Pennsylvania on **Friday, Sept. 14.**

During our trip, we'll tour this architectural wonder, explore its grounds, stop by an artisan village and enjoy a country buffet dinner.

Perched on a rock above a gushing waterfall, this historic house was built for the Kaufmann family of Pittsburgh in the 1930s, and ingeniously designed to blend harmoniously into tranquil and beautiful woods around it. One of the most famous structures of

the 20th century, Fallingwater is cantilevered on three levels over the waterfall. It is the only remaining Wright house with its setting, original furnishings, and artwork intact.

We'll depart from the Village Center at 7:30 a.m. At Fallingwater, you're free to enjoy lunch on your own at the café on the grounds before we take a guided tour of the house. You'll also



have time to visit some of the grounds and the gift shop. Our next stop is Grantsville, Md., where you'll step back in time and visit Penn Alps and the Spruce Forest Artisan Village. Ar-

Continued on page 5, see Fallingwater

Don't get sidelined by the flu—

Vaccines offered at the Village Center

Inova Well will administer flu shots at the Village Center on **Wednesday, Sept. 26, from 1 to 4 p.m.**, to anyone 9 years or older.

The trivalent (or High Dose) vaccine protects against two A strains and one B strain of influenza and is recommended for those 65+ years of age. The quadrivalent vaccine protects against two A strains and two B strains of influenza.

When each patient goes up to get the shot, the RN will discreetly ask which vaccine the patient wants (quadrivalent or High Dose). Patients between 9 and 18 must be accompanied by a parent.



The trivalent vaccine contains the A/Michigan/45/2015 (H1N1) pdm09-like virus, A/Singapore/INFIMH-16-0019/2016 (H3N2)-like virus, and B/Colorado/06/2017-like (B/Victoria/2/87 lineage).

The quadrivalent vaccine contains A/Michigan/45/2015 (H1N1) pdm09-like virus, A/Singapore/INFIMH-16-0019/2016 (H3N2)-like virus, and B/Colorado/06/2017-like (B/Victoria/2/87 lineage), plus a B/Phuket/3073/2013-like virus (B/Yamagata/16/88 lineage).

There is no charge for individuals

Continued on page 14, see Flu shots

A morning of music for the little ones

Sing, dance and play along with local music teacher Marsha Goodman-Wood during a special outdoor morning concert on **Tuesday, Aug. 28, from 10 to 11 a.m.** at the Village Center. In the event of inclement weather, we'll move indoors.

This is a fun, interactive musical experience where kids sing and move to traditional favorites, as well as Marsha's original songs.

This free event promises to be fun for all ages, especially the preschool crowd. Children must be accompanied by an adult or caregiver over 13. Parents, grandparents and friends are all welcome. For more information, call the Center at 301-656-2797.

Women's Self-Defense Class, see page 4.



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A new time and day to sing, dance and play!

There are some new and exciting changes in store for our weekly playtime for children. Beginning in September, Village Playtime will move to Tuesday mornings from 10 a.m. to 12 p.m. at the Village Center.

The more structured program will feature a variety of programs throughout the month including music by Marsha Goodman Wood, opportunities for children to get creative with special kid-friendly art projects, and free play.

Children must be accompanied by an adult or caregiver over 13. Parents, grandparents and friends are all welcome.

Watch the September newsletter for details.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space in the September issue is August 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Village Council Update

Temporary bus stop changes

Due to ongoing construction at the Chevy Chase Center until Labor Day (estimated date), the Friendship Heights Village shuttle bus does not have access to its stop at the front of the Giant store.

During this period the bus is picking up and discharging passengers on Wisconsin Circle in front of the former TRiPS transit store. This provides an accessible route, on a pedestrian walkway, through the Center garage. From the garage there are elevators that stop in front of the Giant. The path is primarily under cover. A bench and chair have been placed adjacent to the stop so that people can wait for the bus. Additional signage, directing passengers, has also been installed.

We have also been informed that our bus stop at the



Friendship Heights Metro station will be temporarily relocated for about two months, beginning Sunday, August 5, due to restoration work at the Metro building. Our bus stop will be on the Western Avenue side of the bus depot, near Military Road. Look for the sign shown at left.

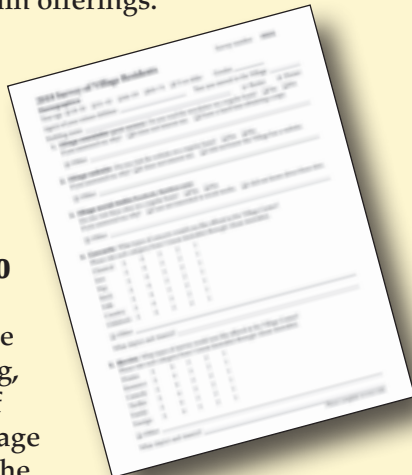
We hope that passengers will understand the situation and bear with it until our regular bus stops are restored.

Remember to return the survey

The **2018 Survey of Village Residents** was mailed to each household in June. If you have not already done so, please take a few minutes to tell us what you think about our program offerings.

The survey contains 11 questions with room for additional comments.

Residents who complete the survey will have a chance to **win one of three \$100 gift certificates to Lia's restaurant.** To be eligible for the drawing, please mail or drop off your survey at the Village Center (in the box by the front desk) by August 15, and provide your name and telephone number (or



email address) so that we can contact you. Thank you for your participation!

Village honors presented July 4

At our annual July 4 festivities, the Village Council presented the Elizabeth Scull Outstanding Community Service Award to former Congresswoman **Connie Morella**. Ms. Morella represented Maryland's 8th congressional district in the U.S. House of Representatives from



Mayor Melanie White with former Congresswoman Connie Morella.



Mayor Melanie White with Barbara Tauben.

1987 to 2003.

Longtime Village resident **Barbara Tauben** was also honored with an Outstanding Community Service Certificate for her volunteer work to improve traffic flow and pedestrian safety at the Wisconsin Avenue/Willard Avenue intersection and in the greater area.

Pesticides to be allowed in Page Park

As part of ongoing plans for improvements at Page Park, which will include an irrigation system and new plantings, the Council reversed the practice of prohibiting the use of pesticides and fertilizers in the park. This follows the recommendation of our landscape maintenance contractor.

Additional action taken at the July 9 Council meeting:

- Introduced proposed amendment to Village by-laws to clarify Village hiring policies; amendment to be voted on at September 17 Council meeting.

The next Council meeting, open to the public, will be Monday, September 17, at 7:30 p.m.

Tap into girl power with our women's self-defense course



The Friendship Heights Village Center presents "Fight Like A Girl," a one-day course, offered by Annapolis Security and Defense, to bring safety and awareness to all women whether they are heading off to college, joining the workforce or just want to learn to

defend themselves in a worst-case scenario.

The event takes place **Saturday, Aug. 4, from 10 a.m. to 2 p.m.**, and is divided into three portions: a classroom portion discusses possible dangers women will or could face; a practical portion, which teaches basic strikes, knees, elbows and heel strikes. There will also be a discussion and demonstration and practice of striking do's and don't's, grips and escapes and weak/strong points. The presentation also includes a special component for younger women entering or in college—including party safety, dorm safety, common spaces and parking lots, and social settings. The program ends with a review.

All females 16 and over are invited to attend

and observe. There will be a limited number of spaces available for those who would like to participate in the physical/practical portion. Please note that the participants in the physical portion will punch, strike, kick and tumble.

Those participating in the physical portion must sign a waiver and pay a \$15 fee. All others are welcome to observe. Attendees are not required to participate in the physical portion and are encouraged to support all participants!

Sign up by stopping by or calling the Village Center at 301-656-2797.

Instrument sampler for winds/brass at the Center

Is your child thinking of trying a wind or brass instrument? Are you, as an adult, interested in learning a new instrument?




Then, join us for this inter-generational "sampling" of some of your favorite wind/brass instruments presented by Levine music wind chair, Tiffani Perry, on **Monday, Sept. 17, from 4 to 5 p.m.**, at the Village Center.

Sampling is a great way to help your child decide which instrument is best for his or her future musical journey!

The event is free, but please let us know if you will be attending by calling 301-656-2797 by Sept. 12.

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ON THE GO...

Enjoy a day at Rehoboth Beach

Take a break and enjoy a day at the shore when we visit Rehoboth Beach on **Thursday, Aug. 23.**

Whether you take in the sea air or go shopping at the area outlets, you can decide. We'll take you to the beach, then you're free to choose your itinerary. We'll depart from the Village Center at 8 a.m., arriving in Rehoboth in time for lunch—there are numerous restaurants and cafés along the Boardwalk and Rehoboth Avenue. We'll return to the Village Center around 8 p.m.

The cost of the trip is \$65. Sign-ups for residents and one guest begin immediately. Nonresidents may sign up beginning Aug. 7.



Fallingwater, continued from page 1

tisans work in various media, including: bird carving, basket making, hand-loom weaving, and hand-thrown pottery. We'll dine at the Penn Alps country buffet before heading back to Friendship Heights.

We should return by 9 p.m.

The cost of the trip, which includes round-trip transportation, guided tour of Fallingwater, dinner at Penn Alps and all taxes and gratuities is \$128 before Aug. 20. The price increases to \$140 after Aug. 20.

Sign-ups for residents begin immediately at the Village Center. Nonresidents may sign up beginning Aug. 10. There are 29 spaces available.



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PLAYING on the BIG SCREEN



All movies begin at 7 p.m. Enjoy free popcorn during the movies.

Thursday, Aug. 2 – Movie – “A Wrinkle in Time” -After her astrophysicist father goes missing, grieving 13-year-old Meg meets three astonishing supernatural beings who transport her through the universe to rescue her dad in this enchanting fantasy-film adaption of a beloved children's book. Stars Oprah Winfrey, Mindy Kaling, and Chris Pine. Rated PG. Running Time: 109 minutes

Thursday, Aug. 9 – Movie – “Chappaquiddick” - On July 18, 1969, Sen. Ted Kennedy drives his car off of a bridge on Massachusetts’ Chappaquiddick Island. The accident results in the death of a 28-year-old campaign strategist who worked for Kennedy. The ongoing investigation into the mysterious and scandalous events forever alters his political legacy -- and ultimately changes the course of presidential history. Rated PG-13. Running Time: 106 minutes

Thursday, Aug. 16 – Movie – “Man on Wire” (Documentary)- This documentary which explores Philippe Petit's preparations for his historic walk across a high-wire

between New York's Twin Towers. Rated PG-13. Running Time: 94 minutes

Thursday, Aug. 23 – Movie-“I Can Only Imagine”- Growing up in Greenville, Texas, Bart Millard suffers physical and emotional abuse at the hands of his father, Arthur. When Arthur becomes terminally ill, he finds redemption by rediscovering his love for his son. Years later, Bart’s troubled childhood and mended relationship with his dad inspires him to write the hit song “I Can Only Imagine.” Stars Dennis Quaid, Cloris Leachman, and J. Michael Finley. Rated PG-13. Running Time: 111 minutes

Thursday, Aug. 30 – Movie – “Jumanji: Welcome to the Jungle”- Four teenagers in detention discover an old video game console with a game they've never heard of. When they decide to play, they are sucked into the jungle world of Jumanji in the bodies of their avatars. Stars Dwayne Johnson, Jack Black, Kevin Hart, and Karen Gillan Rated PG-13. Running Time: 119 minutes



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ART and CULTURE

August exhibit features eclectic mix from a variety of artists

The August show in the Friendship Gallery traditionally includes artists working in multiple media, with all genders, races, ethnic and socio-political stripes represented.

This exhibit, curated by Llewellyn Berry, has been offered for the last four years to combat the summer doldrums and enliven the end of the season with a show of art.

The exhibit is meant to find new artists and showcase them with seasoned veteran artists. "This summer's exhibit promises to be our best to date," said Mr. Berry.

The eclectic exhibit will open Aug. 6 from 11:30 to 1:30. In addition to Mr. Berry, some other artists included in this show include Lily Banning, Thomas Dade, Patsy Fleming, Eden Hansen, Aziza Gibson Hunter, Karin Lohman, Hope Myers, Carolyn Jackson Sahni, Romonika Sharan, Millie Shott, Preston Slater, Lily Spandorf, Kamal Subramanian, Michael Syphax, Wabba, Jack Welch, and Duane Winfield.

The exhibit will run until Aug. 29. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Meet the artists at a reception on **Sunday, Aug. 12, from 11:30 a.m. to 1:30 p.m.** All are invited to attend. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



Lady in Lotus Garden by Carolyn Jackson - Sahni

Our Listings in the Friendship Heights Community

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\$2,075,000: 3 BR, 2.5 BA,
Updated, 2 Balconies; 2,899 SqFt

5600 Wisconsin Ave. #907
\$1,550,000: 2 BR + Den, 2.5 BA,
Views, Balcony, 2,092 SqFt

5600 Wisconsin Ave. #701
\$1,100,000: 2 BR, 2 BA,
Views, Balcony; 1,593 SqFt

5610 Wisconsin Ave. #1003
\$2,545,000: 2 BR + Den, 2.5 BA,
Renovated, Balcony; 3,021 SqFt

5610 Wisconsin Ave. #602
\$1,995,000: 2 BR + Den, 2.5 BA,
Tree views, Balcony; 2,503 SqFt

5630 Wisconsin Ave. #203
\$1,599,900: 1 BR, 2 BA,
Garden views, Terrace; 1,657 SqFt



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Friendship Heights
Village Center



Calendar
of Events 2018

A U G U S T						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Learn the importance of building balance, strength and flexibility with popular Village instructor, Tonya Walton, Certified Brain & Balance Specialist for People Over 60. Details in the September <i>Village News</i> .			1 9:30 a.m.: Tai Chi Ongoing 12 p.m.: Chess Group 7 p.m.: Concert: Trans Atlantic	2 8:15 a.m.: Walking Club 11 a.m.–4 p.m.: Village Playtime 7 p.m.: Movie: A Wrinkle in Time	3 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	4 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10 a.m. to 2 p.m.: Women's Self-Defense Class 10:30 a.m.: Basic Photography
5 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	6 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club	7 8:15 a.m.: Walking Club 9 a.m.: Depart for Philadelphia 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea	8 9:30 a.m.: Tai Chi Ongoing 12 p.m.: Chess Group 5:30 p.m.: Community Advisory Committee Meeting 7 p.m.: Concert: Timothy Roberts Quartet	9 8:15 a.m.: Walking Club 11 a.m.–4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: Chappaquiddick	10 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	11 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography 9:30 a.m.: Photography for Children
12 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	13 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club	14 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2:30 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea	15 9:30 a.m.: Tai Chi Ongoing 12 p.m.: Chess Group 1 p.m.: All in the Eyes 1 p.m.: Suburban Lecture: Circulation 7 p.m.: Concert: Susan Jones Jazz	16 8:15 a.m.: Walking Club 11 a.m. — 4 p.m.: Village Playtime 7 p.m.: Movie: Man on Wire	17 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	18 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography 9:30 a.m.: Photography for Children
19 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 10 a.m. – 2 p.m.: MVA Mobile Office 12:30 p.m.: Bridge Club 7 p.m.: Café Muse	21 8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea	22 9:30 a.m.: Tai Chi Ongoing 12 p.m.: Chess Group 1 p.m.: All in the Eyes 7 p.m.: Concert: Pam Parker Trio	23 8 a.m.: Depart for Rehoboth 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 7 p.m.: Movie: I Can Only Imagine	24 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	25 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography 9:30 a.m.: Photography for Children
26 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	27 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club	28 8:15 a.m.: Walking Club 10 a.m.: Children's concert with Marsha Goodman-Wood 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea	29 9:30 a.m.: Tai Chi Ongoing 12 p.m.: Chess Group 1 p.m.: All in the Eyes 7 p.m.: Concert: Mariachis de Los Compadres	30 8:15 a.m.: Walking Club 11 a.m. — 4 p.m.: Village Playtime 7 p.m.: Movie: Jumanji: Welcome to the Jungle	31 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

Tea volunteers needed!

The very popular Tuesday Tea program at the Village Center needs additional volunteers to assist other dedicated volunteers with the preparation and serving of fruits, pastries, and tea and coffee to our center guests. The time commitment would be about 2.5 hours between 1:30 and 4 p.m. on Tuesdays. Please drop by the center and fill out a volunteer form. Our Facilities Manager Betty Ardizzone will call you to set up an appointment , and would be happy to answer any questions.





CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

ART

ABSTRACT PAINTING

A 10-week course taught by Joan Samworth, Fridays, 1 to 4 p.m., Sept. 7–Nov. 16. Bring your existing materials and paper or canvas to first class. For those who have previously taken this class; others may call Joan at 301-346-7238 to discuss. Maximum number is 10. The cost is \$200 for residents; \$215 for nonresidents. Class will not meet Oct. 12.

STILL LIFE AND BEYOND

A 10-week class, taught by Joan Samworth, Thursdays, 11a.m. to 2:30 p.m., Sept. 6–Nov. 15. \$200 for residents; \$215 for nonresidents. Maximum number is 14. Participants will provide their own subject matter. Bring a sketchbook for mixed media (paper over 90 lbs.) The sketchbook will be an integral part of the class. Joan will present various materials, techniques and ideas to inspire original work by each participant. Class will not meet Oct. 11.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Aug. 15–Sept. 26. Ms. Winter, an award-winning artist, photographer and book illustrator, brings a dynamic method of teaching portraiture to her students at the Center. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents. Class will not meet Sept. 19.

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BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays from 10:30 a.m. to 1:30 p.m., Aug. 4–Sept. 29, \$130. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>. A one-hour class within the adult class is available for children for a rate of \$60. Children must have completed Basic Photography for Children. Class will not meet Sept. 1.

BASIC PHOTOGRAPHY FOR CHILDREN

A 6-week course in black and white and color photography, taught by Llewellyn Berry, Saturdays from 9:30 to 10:30 a.m., Aug. 11–Sept. 22, \$60. Open to those 10 years old and older. Students will become skilled at using cameras, and more. Students must have a digital camera and a flash drive. Minimum of four students required. The class will not meet Sept. 1.

EXERCISE

BALANCE AND FALL PREVENTION (new name!)

A 6-week class, Tuesdays, 1 to 1:50 p.m., Sept. 11–Oct. 16. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75

for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Sept. 7–Oct. 19. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$70 for residents; \$75 for nonresidents. Class will not meet on Sept. 14.

CHAIR EXERCISE

A 6-week class, Wednesdays, from 11 to 11:50 a.m., Sept. 12–Oct. 17. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

DC TAI CHI (INTRODUCTION)

A 6-week class, Mondays, 9:30–10:30 a.m., Aug. 6–Sept. 10. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for more information.

DC TAI CHI (ONGOING)

A 6-week class, Wednesdays, 9:30–10:30 a.m., Aug. 8–Sept. 12. Taught

by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for more information.

MAT PILATES

A 6-week session, Tuesdays from 6:30 to 7:30 p.m., Sept. 4–Oct. 9. Pilates movements tone the body from “the inside out” bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

SEATED YOGA AND MEDITATION

A 5-week class, Thursdays, 10:30 to 11:45 a.m., Oct. 11–Nov. 8. Students are seated in chairs or use chairs for support. The class includes stretching and guided meditation proven beneficial to the immune system. Instructor Louisa Klein brings more than 40 years teaching experience. She is a member of the International Yoga Teachers Association. \$60 for residents; \$65 for nonresidents.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., Sept. 10–Oct. 15. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents.

YOGA

An 11-week class in Hatha Yoga for beginning and continuing students,

taught by Robin Dinerman, host of TV’s Cherryblossom Yoga. Sundays from 9:10 to 10:30 a.m., Sept. 16–Dec. 2. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don’t eat for 2 hours before class. \$150 for residents; \$160 for nonresidents. Class will not meet Nov. 25.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for more information.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays from 10:30 a.m. to 12 p.m. Led by group members.

DROP-IN TAI CHI

Student-led sessions, Fridays from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in discussions of works, usually taken from the Great Books series. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

County residents looking for help in understanding Medicare can call the local State Health Insurance Program (SHIP) at 301-255-4250.

The free service provides Medicare beneficiaries of any age unbiased information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson’s or dementia, who need help with communication. Meets the second Tuesday of every month from 2:30 to 3:30 p.m. Note the new time.

TEA

Village volunteers serve hot beverages, cookies, assorted pastries, and fruit Tuesdays from 3 to 4 p.m.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium on Thursdays, 11 a.m. to 4 p.m. Children must be accompanied by a caretaker or family member over age 13.

WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

CONCERTS

Concerts are held every Wednesday from 7 to 8 p.m. in the park in front of the Village Center. In the event of inclement weather, the performance will be moved indoors to Huntley Hall in the Village Center.

Wednesday, Aug. 1—TransAtlantic Duo— Join Vladimir Fridman (guitar and vocals) and Alexander Paperny (balalaika) as they take their audience through an exquisitely diverse musical journey through Baroque, klezmer, jazz and traditional Russian music! Vladimir and Alexander have been working together for more than 30 years, starting their musical journey as members of the Moscow-based Jazz Balalaika. Their debut recording *TransAtlantic Dreams* was successfully released in 2006. The duo promises an evening of enchantment complete with classical favorites from Mozart to Bizet; Bossa Nova and Tango from South America, Jewish folk tunes, and music reflective of Russia and its grand heritage!

Wednesday, Aug. 8—Timothy Roberts Quartet—

Join this dynamic ensemble of four saxophonists as they perform an evening of saxophone ensemble repertoire from Baroque, Broadway, and the Belle Epoque! Roberts, formerly principal saxophonist and national tour soloist with the US Navy Band has performed throughout the United States, Canada, Russia, and Europe. Roberts is presently professor of saxophone at Shenandoah Conservatory.



Wednesday, Aug. 15—Susan Jones Jazz Quartet—

Hailed by the Washington Post as "one of the best violinists in Washington," Susan Jones brings boundless energy to Friendship Heights for an evening of jazz, featuring an outstanding lineup of musicians including Gerry Kunkel

on guitar, Bob Abbott on bass, and Tom Jones on drums. Jones has helped back up dozens of artists such as Dionne Warwick, Aretha Franklin, Robert Plant, and Stevie Wonder) at venues including The Kennedy Center, Constitution Hall, the former Verizon Center and the Newport Jazz Festival. She has also toured with Barry White. Jones has mastered styles ranging from classical to jazz, Latin to folk-rock, country, klezmer and mariachi. Her new CD, *Exit 19*, takes her listeners through a new and exciting path with each composition and new arrangement to the world of jazz.

Wednesday, Aug. 22—Pam Parker Trio—"If there is one woman that D.C. has love for, its got to be jazz vocalist Pam Parker!" This rave review from "Express Night Out" highlights Parker's vocal talents. Ms. Parker and her dynamic trio promise us an evening of jazz, blending Billie Holiday's precision with Aretha Franklin's brand of soul. Parker's been using her classic sweet-toned voice to lure in crowds in the area for years.

Wednesday, Aug. 29—Mariachi de Los Compadres— Come on down "South of the Border" and celebrate the last weeks of summer with lively renditions of Mexican favorites! By popular demand, Susan Jones brings her violin genius and performs authentic mariachi music, as well as other Latin American Standards. Dressed in costumes, the band plays traditional instruments, including the bihuele, guitarron, trumpets, guitar and violin!



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Dr. Greg Kumkumian, an interventional cardiologist, will review the circulatory system and explain potential problems that occur when the system is compromised during this month's Suburban health lecture on **Wednesday, Aug. 15, from 1 to 2 p.m.** at the Village Center.



Sepsis— What you need to know to save a life

Did you know that every two minutes someone dies from sepsis in the United States? After sepsis changed her life forever, Village resident Cheryl Douglass became an advocate for increasing public awareness of this devastating disease.

September has been designated Sepsis Awareness Month and Ms. Douglass will host two talks at the Village Center. One in the daytime on **Monday, Sept. 24, at 3 p.m.**; the other in the evening on **Thursday, Sept. 27, at 7 p.m.**

We're hoping that by offering two sessions at two different times residents will be able to attend one of these very important talks.

Anyone can get sepsis. The very old and very young are at a higher risk. Sepsis is treatable, especially with early recognition and care. You can help by learning the signs and symptoms of sepsis and taking action in your community to spread the word.

Watch the September Village News for more details.

The discussion will also include the role of genetics and ways to keep your blood vessels strong and healthy through diet and exercise. Please call 301-656-2797 to let us know if you plan to attend.



Taking on the issues of caregiving with a playreading and conversation

Come to the Village Center on **Saturday, Sept. 15, at 10 a.m.**, when former Friendship Heights resident Paula Stone presents "Because She's My Mother." This play reading is about an adult daughter's struggles—to balance her life, face loss and let go—as she cares for her ailing mother.

Filled with conflict, poignancy, as well as humor, the script will be read by local-area actors and followed by a discussion facilitated by the playwright, Paula Stone. The program begins with the reading. It will include

a short break and discussion before concluding at 1 p.m.

Paula's plays have been produced, published, broadcast on radio theater, and won awards. Paula, who was a caregiver for her mother, recently led a workshop series for Montgomery County HHS's Caregiver Support Program for adult-daughter caregivers.

If you are currently or expect to become a caregiver, or if you are now the recipient of care, please join us.

This event is free, but the Center at 301-656-2797 if you plan to attend.

Express Yourself at a new time

The aphasia support group known as "Express Yourself" will meet just a little later beginning in August.

The group, which gets together on the second Tuesday of every month, will now meet from 2:30 to 3:30 p.m. at the Village Center.

The next meeting is scheduled for **Tuesday, Aug. 14.**

Led by well-known speaker and board-certified speech-language pathologist Susan I. Wranik, the program helps participants learn new strategies and techniques for coping and communication.

Sponsored by the NIH Suburban Hospital Stroke Program, the group is open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication.



Café Muse presents...

This month's Café Muse, on **Monday, Aug. 20**, will present the anthology "Words for War: New Poems from the Ukraine," read by writer/translators Alexander Cigale, Mary Kalyna, and Olga Livshin. Katherine E. Young of the DC-Area Literary Translators Network will emcee.

Alexander Cigale translated "Russian Absurd: Daniil Kharms, Selected Writings." His own poetry and his translations of Russian poets have appeared in numerous journals. In 2015 he was awarded a NEA fellowship in literary translation for his work on poet Eremin. Cigale lives in New York City.

Mary Kalyna's research has appeared in the *Ukrainian Weekly* among others. Her current research documents the experience of Ukrainian forced laborers in Nazi Germany. A lifelong activist for women's rights, human rights and social justice, she was a key organizer in support of the EuroMaidan in Philadelphia (2013–2014). She lives in Philadelphia.

Olga Livshin's work is forthcoming in "The Kenyon Review" and "The International Poetry Review," and has been widely published. Her work has been recognized, among others, by CALYX's Lois Cranston Memorial Poetry Prize, and the Robert Fitzgerald Translation Prize. She lives

in Bryn Mawr, Penn.

Katherine E. Young's "Day of the Border Guards" was a 2014 Miller Williams Arkansas Poetry Prize finalist. Her award-winning translations of Russian authors have been widely published. Young is a 2017 NEA translation fellow.

Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30. The August reading will not be followed by an open mic. Café Muse is presented by the Village of Friendship Heights and The Word Works, a nonprofit literary organization.

Monday, Sept. 24: Café Muse will feature poets Wendell Hawken and Susan Okie.

Flu shot, continued from page 1

with Medicare Part B as their primary insurance (not PPO, HMO or Medicare Advantage), but you must bring your card. The self-pay cost is \$33 (payable by cash or check). Inova does not accept Medicaid or commercial insurance plans. Registration is required. Call 301-656-2797 to register. Village residents may register immediately; nonresidents may sign up beginning Aug. 15. You must have an appointment to receive a shot.

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Faces of Friendship Heights at our July 4th celebration

Photos by Carolina Zumaran-Jones



The Village Book Club will meet on **Tuesday, Aug. 21, at 11 a.m.** The book selection is "An Officer and a Spy" by Robert Harris. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.



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August 2018 events calendar